

Press Release

HARFORD COUNTY GOVERNMENT

Department of Community Services



PUBLIC SAFETY

"Ensuring a Safe
Harford"

EDUCATION

"Preparing Now,
Building for the Future"

EFFICIENCY IN GOVERNMENT

"Governing Smarter"

ECONOMIC OPPORTUNITY

"Growing and Sustaining
Harford's Prosperity"

ENVIRONMENTAL STEWARDSHIP

"Protecting Our
Environment"

QUALITY LIVING

"Safeguarding What is
Important to Harford
County Citizens"

FOR IMMEDIATE RELEASE: June 11, 2014

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Office on Aging Offers Yoga and Zumba Summer Classes at Satellite Location in Norrisville

(Bel Air, MD) - - The Harford County Office on Aging within the Department of Community Services announced the Norrisville Recreation Center as a new satellite location for senior fitness programming.

This summer, the Harford County Office on Aging will offer Yoga, Zumba Gold and Zumba Gold Toning classes at the Norrisville Recreation Center, located at 5310 Norrisville Road in White Hall, Maryland. Summer Class Sessions begin on June 30, 2014 and continue through September 5, 2014.

All six Harford County Senior Activity Center locations and the Norrisville Recreation Center will take registration for the classes. Registration is open through Friday, June 20, 2014. Classes are available to both Pennsylvania and Maryland residents ages 55 and over.

Suzanne E. Streeter, Senior Center Division Manager stated that, "Harford County Office on Aging is pleased to offer programming for citizens ages 55 and over in this area of the county through a partnership with the Department of Parks and Recreation. We hope that by bringing these classes to the area, seniors will benefit from this opportunity and engage in a healthy lifestyle including exercise and overall well-being."

Please contact Joyce Trageser at 410-638-3260 with any questions or for more information. For a listing of Harford County Senior Activity Center locations, visit www.harfordcountymd.gov/services/aging.

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"Preserving Harford's past. Promoting Harford's future."